

# Whinlatter Forest: mountain biking heaven!



Whinlatter Forest Park is England's only mountain forest and because of this, you get superb views of surrounding fells and lakes. It's a beautiful destination for relaxing forest trails and a general wind down. But also world class for mountain biking between trees!

## Travel Information

Whinlatter can be found above Bassenthwaite Lake, just outside of Keswick town centre. The best way to visit is obviously by bike if you're planning a biking extravaganza. But there is also an excellent bus service to the Forest, as bike hire is also readily available within the park.

Bus service 77 runs 4 times a day between April and November, check current timetables for correct times. Buses can be caught from Keswick bus station which is within easy walking distance of Briar Rigg.

## Routes for all abilities

Cycling here is suitable for all levels with blue family routes providing an easy yet exciting introduction to mountain biking. There are also purpose built trails for more experienced and adrenaline junkies. The visitor centre and Cyclewise bike hire and shop on site can advise of suitable routes as well as provide decent

maps to help navigate your way through the breathtaking forest.

Head for Cyclewise to begin your routes.

Follow the red routes for the Altura trail which prizes self as the trail that "puts the mountain back into biking". Alternatively, the blue marked route, known as the Quercus trail is better suited to those wanting to develop their basic off road skills but still enough rolling jumps and gentle berms to get your heart racing!



## Bike hire

Bike hire can be for 3 hours at £18, or for the full at £22.50. Bike hire can be made from Cyclewise, the UK's premier cycle training company. Staff are extremely knowledgeable about suitable bikes, routes and tips for trails.

## Facilities

Off the bike, the Siskins cafe provides you with a great view of Grisedale Pike, towering in the background as well as sumptuous food and refreshments. The cafe has an alpine style and feel, with indoor and outdoor eating areas the cafe is a great place to relax and reflect on the 2-wheel adventures and maybe prepare for another lap.

The Forest Park also has an excellent visitor centre with gift shop for those momentos. As well as a superb educational area with live video feed to Bassenthwaite's nesting Ospreys, with expert volunteers on hand to tell you more.

If it's a different kind of adventure you are seeking, why not visit Go Ape. Swing between the trees at high altitude for fantastic views and heaps of fun. Go Ape's rope bridges and zip wire will provide pulse raising fun for all the family or groups of friends. Day prices start from £30 for adults. Open throughout the year with some closures out of peak season, calling ahead is recommended (or ask your host for the current leaflet and timetable).

## Wonderful wildlife

Because of the varied habitats around Whinlatter, you can enjoy watching a wealth of varied wildlife. Rare red squirrels and Roe deer enjoy the shelter of the woodland; whilst Osprey's bask above Bassenthwaite Lake and feed on fresh fish. The dramatic fells provide wonderful hunting grounds for other marvellous birds such as Buzzards.



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